

The New England Region of the
American Music Therapy Association Students

Presents:

Passages 20

Celebrating Our Past: Inspiring Our Future

20th Annual Student and New Professional Music Therapy Conference



Saturday, October 26, 2019

9 AM - 5 PM

Lesley University

Cambridge, MA

Welcome to Passages 20, a Special 20th Anniversary!

We are happy you are joining us for Passages 20 Student and New Professional Music Therapy Conference! NER-AMTAS executive board members have been working since the spring with excitement and devotion towards this big day. We hope this year's conference is memorable and important to the growth of NER's current and future music therapists. We want to thank Joy Allen of Berklee College of Music, Lisa Summer of Anna Maria College, and Rebecca Zarate of Lesley University for leading the Opening Ceremony experiential and continuously supporting our student body. We are immensely grateful to Kayla Daly (our regional SAAB rep) for sharing her wisdom and knowledge, and for ongoing guidance.

The theme for this year's conference is "Celebrating Our Past, Inspiring Our Future," recognizing this important 20-year Passages milestone. Don't miss Opening Ceremony at 9 am as we say a special thank you to Lisa Kynvi (founder of Passages) who, in 1999, decided it was time music therapy students had a voice! Stop by our registration and fundraising tables in Washburn to say hello and see a slide presentation about our conference's history, with interview excerpts from NER professionals who were there at the start. Also, for a small donation towards our tiered-giving campaign, have fun adding your creativity to our "digital time capsule" for future Passages to enjoy. NER professionals have kindly donated music therapy items for our annual raffle, and brand new t-shirts, pins and stickers are available for sale. Proceeds go towards providing scholarships for music therapy students to attend conferences and become AMTA members. Thank you in advance for your support!

We welcome back Lorrie Kubicek, longtime NER-AMTAS supporter and past SAAB rep, returning to sell instruments and helping us celebrate Passages 20. Elizabeth Keyes from Keyes Music Therapy, LLC, will join us to hand out applications, accept resumes, and talk about job interviewing tactics. We are also grateful to have Mark Fuller, AMTA representative, providing information about AMTA and the value of membership. Vendors are located in Washburn Lobby.

Happy conference everyone!

Warmly,

Shari Hallas

NER-AMTAS President

Thank you to all those who have made Passages 20 possible...

Diana Cortes, Camryn Gallagher, Judy Nie, Erin Haney, Carol Smolenski, Liz Hastings, Julia Dwyer, Delia Regan, and Corinne Burch, our amazing NER-AMTAS Board members, for your creativity and diligence towards making today a success! **Kayla Daly**, for invaluable support as SAAB rep. **Isabelle Olsson**, for walking closely with us in setting up Lesley for this event. **Lorrie Kubicek**, for the instrument sale and, along with **Lisa Kynvi, Christine Routhier, and Kimberly Khare**, for help with Passages history information. To the Passages 20 video participants: NER-AMTAS, SW-AMTAS, and MAR-AMTAS students and faculty professionals, **Caryl Beth Thomas** for music inspiration, and **Dan Hallas** for video editing. AMTA representative **Mark Fuller** for joining us. **Elizabeth Keyes** of Keyes Music Therapy for the coffee. **Miran Tikvicki** for filming this special day. **All presenters**, for sharing your knowledge and passion with your peers. **All attendees**, for being here to support, learn, and give feedback. **Harvard House of Pizza**, for catering. **Worcester Center for Expressive Therapies**, for water & snacks. To all those who made today possible, thank you so much!

Feedback Evaluations: We value **your** voice. Individual presentation feedback and conference evaluation forms are helpful to presenters and NER-AMTAS. Please take the time to fill out the brief form for each presenter and for the conference before you leave today. The forms are available in each room and at our registration table. We would love to hear how we might make Passages more impactful for you in 2020!

Filming Disclaimer: We are excited to have the opportunity to document Passages 20 today for future NER-AMTAS outreach. Miran Tikvicki will be filming throughout the day. Please be aware that conference attendance means acceptance of possibly being filmed.

Schedule of Events

8:15 - 9:00 AM	Registration - Washburn Lobby
9:00 - 9:20 AM	Opening Address - Washburn Auditorium
9:20 - 9:40 AM	Opening Experiential - Washburn Auditorium

10:00 - 11:00 AM CONCURRENT SESSIONS

Sherrill 350 **The Tree of Music: A Practice Tool for Clinical Improvisation**
Diana Cortes: Berklee College of Music

This practice tool will help the participants layout the possibilities there are during an improvisation by mix-and-matching different approaches to musical elements. Participants will improve their confidence by having a clear idea of what resources are available to musically meet the client where they are in a moment of clinical improvisation.

Sherrill 251 **Get It Together! Tools & Techniques for Session Planning, Practice and Documentation**
Peri Strongwater, MA, MT-BC, NMT

“What interventions should I do today?” “When can I schedule Supervision?” “Where’s my capo!?!” Music Therapy is hard enough without having to sweat the little things! This presentation will introduce organizational techniques to support a more productive clinical practice (and real life too!). Attendees will workshop a session plan template for their own use.

Sherrill 151 **General Music Courses: The Foundation for Sessions**
Katelyn Sable: Anna Maria College

As students start their journey to becoming a music therapist, we often forget the most important part of music therapy... music! We will explore the importance of music theory, music history, ear training, and a mini-lesson on vocal health and how they connect to a therapeutic setting.

Washburn Lounge **Embodied Practice: The Basics of Trauma-Informed Music Therapy**
Alexandra Ford: Berklee College of Music

Recent advances in neuroscience and brain imaging have refuted historical presumptions around trauma care. This session will begin with an overview of the latest trauma research and

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treatment, and end with experiential exercises designed as jumping-off points for the various ways music therapists can utilize trauma-informed methods for their clients.

Burnham Hall, **Sound Healing Tools for Music Therapists**

Tyler Room Erin Raber: Lesley University Graduate School

This introductory workshop provides an overview of the elements of sound healing and the ways in which sound healing tools may be integrated in a music therapy practice today. Through experiential exercises and demonstrations, participants will be exposed to various ancient sound healing systems and modern sound healing modalities.

11:15 - 11:45 AM CONCURRENT SESSIONS

Sherrill 350 **Jobs for Music Therapy Students: Preparing for Our Careers**

Delia Regan: Anna Maria College

Most students have jobs throughout college, but have you considered how it could benefit your future career as an MT-BC? This presentation goes over various examples of jobs involving different populations that can help a music therapy student gain work experience, and can lead to deeper understanding of various populations.

Sherrill 251 **Found Sounds: Making Music Absolutely Anywhere**

Carol Smolenski: Lesley University Graduate School

No instruments? No problem! Music is everywhere, if only we remain open to finding it. As music therapists, we must be flexible, creative, and ready to adapt to unusual settings and circumstances. Come ready to brainstorm, explore and play!

Sherrill 151 **To an Internship Far Far Away: Personal and Professional Growth**

Kim Schlesinger: Graduate of Wartburg College, Waverly, IA
Interning at Roman Music Therapy Services, Wakefield, MA

Internship is integral to a music therapist's professional training and it is a tremendous opportunity for personal growth, especially when one has the opportunity to explore an entirely

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new location. This presentation will give a first hand account of the challenges and benefits of accepting an internship far from home.

Washburn Music Therapy for Juvenile Offenders

Lounge Maha Alkurdi: Berklee College of Music

Children have malleable minds; those in juvenile detention centers may not have resources that support their healthy development. Research shows that music therapy can effectively impact positive change specifically in terms of emotional development of juvenile offenders. Self-esteem, trust, self-expression, self-reflection and a sense of belonging can be improved using music.

12:00 - 1:15 PM LUNCH BREAK and EXPERIENTIAL

Washburn Auditorium

Join us for free pizza, salad, and networking! There is also plenty of space for those who brought your own lunch. We will have some snacks including fruit and chips on hand for those with dietary restrictions.

“Drawing on the Past, Envisioning the Future” Experiential

Please join us for the lunchtime experiential beginning at 12:30 pm. We invite you to come together for an exploration of this year’s conference theme. We will utilize art and discussion to reflect on individual growth and future hopes as music therapists / music therapists to be.

1:30 - 2:30 PM CONCURRENT SESSIONS

Sherrill 350 You’ve Got This: Easing Practicum Anxiety for the Student Therapist

Sophia Paravalos: Berklee College of Music

Do you experience anxiety when going to your practicum site? You are not alone. Going to a new site as a student for the first time can be scary and overwhelming. Come hear from other students on their practicum anxiety experiences and learn tips to bring your best supportive self to practicum.

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Sherrill 251 **Digital Music Making: Developing a Method for Using Technology in Music Psychotherapy**
Sangeetha Kavety, MA

Have you ever been stuck with how to use the iPad in music therapy/counseling sessions? This presentation will discuss existing literature on using digital music making in MT sessions and provide three examples of interventions that clinicians can use. Attendees will also participate in three experientials for these interventions.

Sherrill 151 **How to Say "No" (Without Feeling Like a Bad Person)**
Cammy Gallagher: Anna Maria College

An important aspect of self care is the ability to know our limits - to stop saying "yes" to new commitments when we actually want to say "no." Join music therapy student and recovering people-pleaser Cammy Gallagher for an interactive discussion on finding balance, facing our fear of rejection, and allowing ourselves to be selfish.

Washburn Lounge **Bars Behind Bars: Music Therapy Practice in Forensic Facilities**
Rachel Quirbach, MT-BC

Ever wonder what it might be like to conduct music therapy inside a locked facility? Come to this presentation, and you will learn about how music therapy can be used inside locked facilities, engage in forensically-appropriate music therapy experientials, and gain insight into both the positive and challenging elements of being a young practitioner in forensic settings.

Burnham Hall, Tyler Room **Emotional Processing and Creative Expression without Memory**
Xingyu Yao, MT-BC

Through a case study in an assisted living setting, participants will witness the power of music in emotional processing and creative expression. They will also leave the workshop rethinking the relationships of our mind, memory, aging, and creativity.

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2:45 - 3:45 PM CONCURRENT SESSIONS

Sherrill 151 **Age and the Older Music Therapy Student: A New Outreach?**

Shari Hallas: Lesley University Graduate School

Are you an older MT student riding the joys and challenges of returning to school after some time away? Come connect with others about the various impacts of being an older student/intern. Be a part of an initial dialogue about creating an older MT student outreach.

Burnham Hall, **The Self-Care Manifesto**

Tyler Room Tristan Stewart: Berklee College of Music, certified yoga teacher

As healthcare professionals, it is imperative that we are living, breathing examples of what we teach. Therapists too often lose themselves under the guise of helping others. In this self-care masterclass you'll learn how to prioritize your needs, benefiting yourself and everyone around you.

2:45 - 3:15 PM CONCURRENT SESSIONS

Sherrill 350 **The Relationship Between Music and Language Acquisition**

Mellany Gomez: Anna Maria College

This study intends to suggest that the clinical use of music to help an individual achieve language- and communication-based goals can be more engaging and provide better retention than speech therapy alone. This study also focuses on how co-treatment can provide a unique and effective way to reach specific, educational goals.

Sherrill 251 **Let's Talk About Financing a Music Therapy Degree**

Nataly Kruh and Peyton Mayzel: Lesley University Graduate School

Recent discussions within music therapy have highlighted the role of diversity and inclusion in promoting field development. We will explore how the lack of financial incentives for music therapy students hinders this diversification process, and also impacts areas related to clinical development and systematic forms of oppression within the field.

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3:30 - 4:00 PM CONCURRENT SESSIONS

Sherrill 350

Medical Music Therapy

Lillian K. Gray and Christopher Thomann: Lesley University Graduate School

Research has advanced the professional development of Medical Music Therapy, which has helped patients suffering from cancer, cardiac, and stroke-related symptoms. Education is required at a master's level to practice medical music therapy at an intensive and primary level. Theories related to this field utilize musical theory components, neurological practices, and entrainment principles.

Sherrill 251

Planning for the Unplanned: Songwriting Improvisation Tools

Claudia Gruber: Berklee College of Music

This presentation discusses tools to use to improve the efficiency of writing original music with your clients, helping them to express themselves as effectively as possible. Topics covered will include chord templates, lyrical brainstorming activities, and melodic improvisation.

4:15 - 5:00 PM CLOSING CIRCLE

Washburn Lounge

Please join us in bringing this year's conference to an end in sound and music!